

## Spring Fitness Classes

### Mind-Body Skills Group

This educational, supportive group helps develop self-care skills. Learn and practice mind-body techniques (meditation, guided imagery, working with drawings, breathing, and movement) to help manage stress and improve overall resilience and well-being. Although not a therapy group, we will practice kindness and compassion for others, and ourselves, allowing us to become more self-aware and more engaged in our own self-care. No experience necessary.

**Date:** Tuesdays, starting April 7

**Time:** 1:00-2:30 p.m.

**Cost:** \$30 per person

**Instructor:** Larisa Harrington

### Line Dancing

The dance floor is for everyone! Improve your balance, gain confidence, find the beat, get moving, and have fun! Open to all, regardless of line dancing experience.

**Date:** Thursdays, starting April 9

**Time:** 1:15-2:15 p.m.

**Cost:** \$30 per person

**Instructor:** Mary Anne Williams

### Chair Yoga and Meditation

Meditation and yoga have been shown to decrease symptoms of stress; aid in management of chronic pain; and boost the immune system. Each session combines gentle chair yoga movement and meditation. This class is suitable for all levels and abilities.

**Date:** Wednesdays, starting April 8

**Time:** 12:45-2:00 p.m.

**Cost:** \$30 per person

**Instructor:** Larisa Harrington

### Gentle Yoga

Yoga offers tools to improve fitness, circulation, mobility, and a sense of well-being. These classes offers excellent, precise instruction in yoga postures and breathing. Join us in building strength and flexibility in body, mind, and spirit. Please bring a yoga mat.

#### Basic Yoga

**Date:** Mondays, starting April 6

**Time:** 12:45-2:00 p.m.

**Cost:** \$30 per person

**Instructor:** Joana Bragg

#### Intermediate Yoga

**Date:** Wednesdays, starting April 8

**Time:** 11:30 a.m.-12:45 p.m.

**Cost:** \$30 per person

**Instructor:** Larisa Harrington

### Tai Chi: Advanced

Improve Balance & Strength of Body  
Achieve Clarity & Focus of Mind  
Gain Calmness & Lightness of Spirit  
(instructor permission needed to register)

**Date:** Mondays, starting April 6

**Time:** 11:30 a.m.-12:30 p.m.

**Cost:** \$45 per participant

**Instructor:** Claudia Olson

### Daily Exercise

Come exercise with us! These videos are made especially for seniors. Videos includes stretching, strength, balance, mobility and cardio exercises. Each day is a different video. This is an on-going drop-in program.

**Dates/Times/Fitness Level:**

**Intermediate:** Monday-Friday: 9:30 a.m.

**Basic:** Monday-Saturday: 10:45 a.m.

**Intermediate:** Thursdays: 4:30 p.m.

**Cost:** Free, video exercise, no instructor

Register in person or online: <https://frederickcountymd-gov.3dcartstores.com>

**Registration starts Tuesday, March 10 at 9:00 a.m.**

(classes are not prorated for late starts/absences)

The Senior Services Division offers scholarships for exercise classes.

Scholarships are based on income, residency and age. Please ask for more information.